



# KAWANA AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 AM							
07:00 AM		Adult Squad		Adult Squad			
08:45 AM	City Deep Aqua	City Deep Aqua					
09:00 AM	Adult Squad		Adult Squad		Adult Squad		
10:15 AM							
10:30 AM							
12:30 PM	City Aqua (Gentle)			City Aqua (Gentle)			
01:30 PM							
05:00 PM							
06:00 PM							
06:15 PM							



Please note scheduled classes are subject to change.  
To ensure class times are correct please contact us on **1300 332 583**

## CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

### City Aqua (Gentle)

A gentle class of Aqua Aerobics is the best of both worlds. Get the calorie burning benefits of aerobics with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

### Adult Squad

Our adult swimming squad for swimmers who want to improve stroke technique and fitness level.

### City Deep Aqua

City Deep Aqua is a low impact cardiovascular workout. Using a buoyancy belt in deep water. Suitable for all abilities - you just need to be confident in deep water.